



# Your Personal Worksheet

**T**his worksheet will help you organize and evaluate the information you have received about the HMOs available to you. You can use information in this booklet and in the other materials you may have obtained from your employer and the HMOs to complete the worksheet.

✓ Use a checkmark to indicate

HMO	Which HMOs are available where you live or work.	Which HMOs offer the benefits you want.	Which HMOs you can afford.	Which HMOs include your preferred doctor or health care provider.	Which HMOs scored well based on information in this booklet. <i>Review the information from each of the sections of this booklet. For each section, check the HMOs that you think performed the best.</i>			
	<i>See pages 22 and 23 for a listing.</i>	<i>Review benefit information from your employer or the HMOs.</i>	<i>Review the cost information from your employer or the HMOs.</i>	<i>Review the HMOs' physician directories and telephone the customer service departments.</i>	HMO Service	Providing Patient Care	Helping to Keep People Healthy	Caring for the Sick
Aetna USHC								
AmeriHealth								
CIGNA-Southern NJ								
CIGNA-Northern NJ								
First Option								
HIP								
HMO Blue								
NYLCare								
Oxford								
Prudential								
QualMed								
United								